



*A Toolkit for **Healthy** Teens & Strong Families*

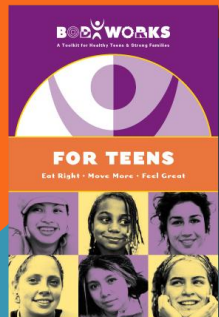
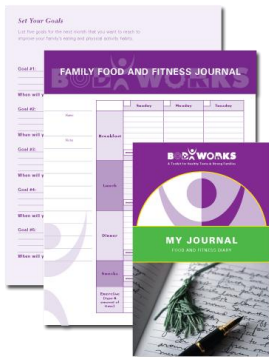
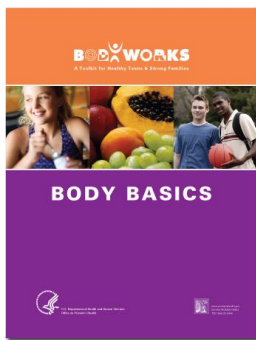


Toolkit Preview

Participants Receive One Toolkit per Family

Developed by Office on Women's Health,

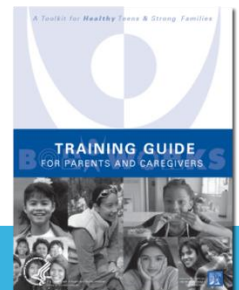
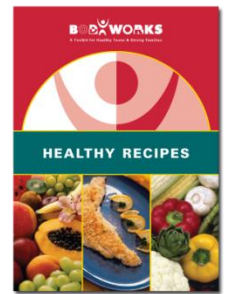
U.S. Department of Health & Human Services



Program Components in Free Toolkit

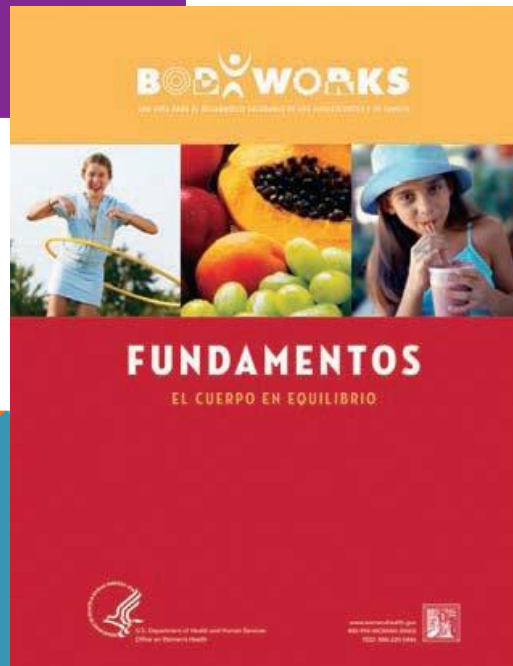
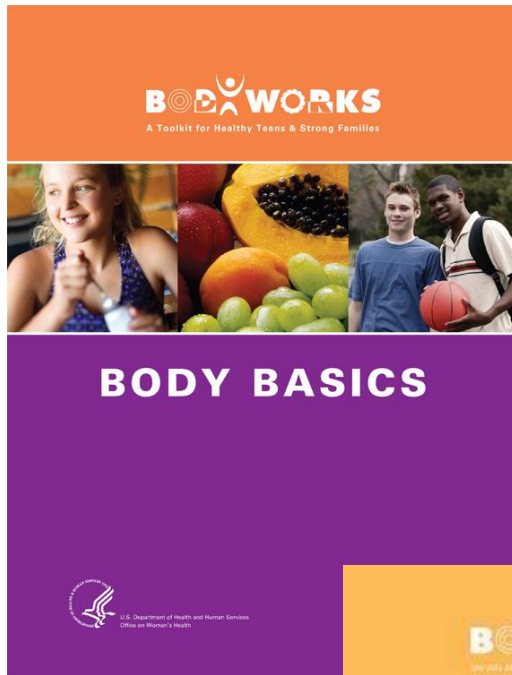
Parents/families

1. BodyBasics (Parent's Guide)
2. Food and Fitness Journals
3. Weekly Planner (magnet)
4. Recipe Book
5. Shopping List
6. DVD on Shopping & Cooking



Boys/Girls

1. For Teens and For Guys Magazines
2. Food and Fitness Diary



BodyBasics/ Fundamentos

Format:

Magazine style
publication for visual
appeal

Purpose:

Provides health
information, strategies
for healthy eating and
regular physical activity

Explains how to use the
toolkit

Lists resources for
families

Food and Fitness Journals/Diario de Comidas Y Actividades Físicas

- Family members to record meals, snacks, activities, and emotions to identify eating and activity habits
- Checklist in **BodyBasics** helps parents review journal entries
- Goal-setting chart in diaries



BodyWorks For Teens and For Guys

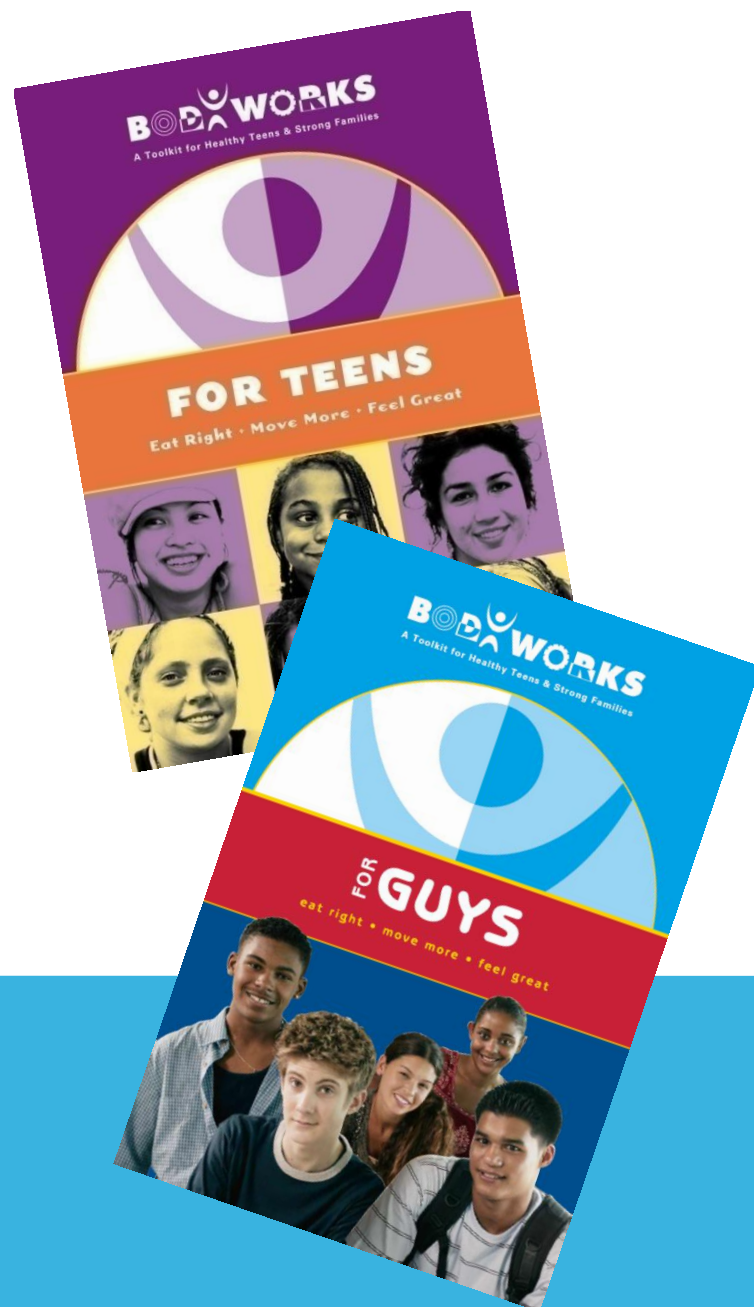
- Magazine-style publications for girls and boys (9 to 14)

Publication content

- Self-assessments, quizzes, games, interviews
- Goal-setting tools
- Teen writers/illustrators

Formative research

- Literature review
- Health behavior change theory
- Focus groups



Recipe Book/ Platillos Latinos

Purpose:

- To provide families with easy, low-cost recipes for meals and snacks
- To reinforce nutrition and cooking information featured in BodyBasics



Weekly Planner/ Planificador Semanal

Format:

- Refrigerator magnet write-on/wipe-off board with pen

Purpose:

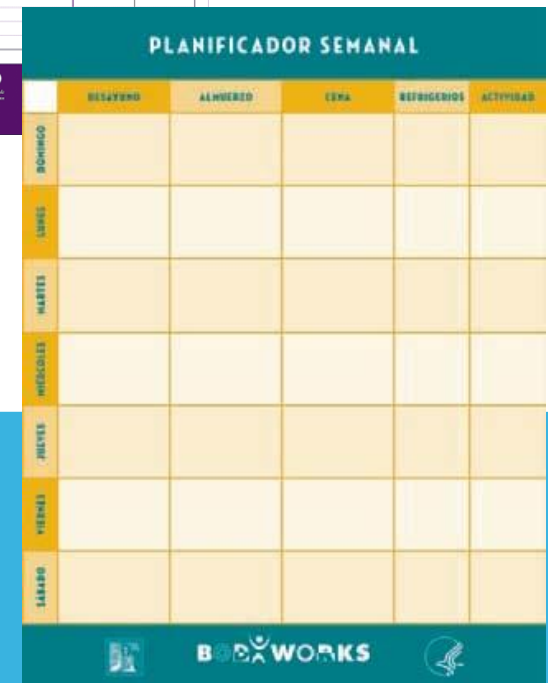
- To help parents/ caregivers plan meals, snacks, physical activities



WEEKLY PLANNER



	BREAKFAST	LUNCH	DINNER	SNACKS	ACTIVITY
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

 1 Choose My Plan & Activity Board 2 Set when you are well 3 Understand healthy eating 4 Plan your meals and snacks 5 Set goals and track



PLANIFICADOR SEMANAL

	DESAYUNO	ALMUERZO	CENA	REFRIGERIOS	ACTIVIDAD
DOMINGO					
LUNES					
MARTES					
MIERCOLES					
JUEVES					
VIERNES					
SABADO					

 **BODAWORKS** 

Shopping List/Lista de Compras

Format:

- Pad with checklists

Purpose:

- To help parents/caregivers plan shopping trips and choose healthier options

SHOPPING LIST	
Milk and Milk Products (Low-fat or fat-free)	Fruit (Fresh or packed in 100% juice)
<input type="checkbox"/> Milk	<input type="checkbox"/> Apples <input type="checkbox"/> Papayas
<input type="checkbox"/> Yogurt	<input type="checkbox"/> Bananas <input type="checkbox"/> Pears
<input type="checkbox"/> Cheddar cheese	<input type="checkbox"/> Grapes <input type="checkbox"/> Pineapples
<input type="checkbox"/> Cottage cheese	<input type="checkbox"/> Mangoes <input type="checkbox"/> Strawberries
<input type="checkbox"/> Cream cheese	<input type="checkbox"/> Melons <input type="checkbox"/> Oranges
<input type="checkbox"/> American cheese	
<input type="checkbox"/> Ricotta cheese	Protein
<input type="checkbox"/> String cheese	<input type="checkbox"/> Beef (lean)
	<input type="checkbox"/> Pork (lean chops or loin)
Grains	<input type="checkbox"/> Chicken (whole, parts or ground)
<input type="checkbox"/> Oatmeal	<input type="checkbox"/> Turkey (lean whole, parts or ground)
<input type="checkbox"/> Brown rice	<input type="checkbox"/> Turkey or soy hot dogs
<input type="checkbox"/> English muffins (enriched)	<input type="checkbox"/> Fish
<input type="checkbox"/> Popcorn (no added fat or salt)	<input type="checkbox"/> Veggie burgers
<input type="checkbox"/> Whole grain bread	<input type="checkbox"/> Eggs <input type="checkbox"/> Tofu
<input type="checkbox"/> Whole grain pasta	
<input type="checkbox"/> Whole wheat pita	Other
<input type="checkbox"/> Whole grain cereals (ready-to-eat)	<input type="checkbox"/>
	<input type="checkbox"/>
Vegetables (Choose more often without sauces)	<input type="checkbox"/>
<input type="checkbox"/> Carrots <input type="checkbox"/> Lettuce	<input type="checkbox"/>
<input type="checkbox"/> Beans <input type="checkbox"/> Onions	<input type="checkbox"/>
<input type="checkbox"/> Broccoli <input type="checkbox"/> Peppers	<input type="checkbox"/>
<input type="checkbox"/> Celery <input type="checkbox"/> Potatoes	<input type="checkbox"/>
<input type="checkbox"/> Cucumber <input type="checkbox"/> Tomatoes	<input type="checkbox"/>
<input type="checkbox"/> Corn	<input type="checkbox"/>

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Office on Women's Health

LISTA DE COMPRAS	
LECHE Y PRODUCTOS LÁCTEOS Bajos en grasa o sin grasa	FRUTAS Frescas, congeladas o enlatadas en jugo al 100%
<input type="checkbox"/> Leche	<input type="checkbox"/> Manzana <input type="checkbox"/> Papaya
<input type="checkbox"/> Yogurt	<input type="checkbox"/> Plátano <input type="checkbox"/> Pera
<input type="checkbox"/> Queso cheddar	<input type="checkbox"/> Uvas <input type="checkbox"/> Piña
<input type="checkbox"/> Queso cottage	<input type="checkbox"/> Mango <input type="checkbox"/> Fresa
<input type="checkbox"/> Queso crema	<input type="checkbox"/> Melón <input type="checkbox"/> Naranja
GRANOS	PROTEÍNA
<input type="checkbox"/> Avena	<input type="checkbox"/> Carne de res (magra)
<input type="checkbox"/> Arroz integral	<input type="checkbox"/> Carne de cerdo (chuletas o lomo magro)
<input type="checkbox"/> Panes ingleses integrales	<input type="checkbox"/> Pollo (entero, en piezas o molido)
<input type="checkbox"/> Palomitas de maíz (sin grasa ni sal agregada)	<input type="checkbox"/> Pavo (entero, en piezas o molido)
<input type="checkbox"/> Pan integral	<input type="checkbox"/> Hot dogs de pavo o soya
<input type="checkbox"/> Pasta integral	<input type="checkbox"/> Pescado
<input type="checkbox"/> Pita integral	<input type="checkbox"/> Hamburguesas vegetarianas
<input type="checkbox"/> Cereales integrales (listos para servirse)	<input type="checkbox"/> Huevos
	<input type="checkbox"/> Tofu
YERBURAS Selección de preferencia sin aderezos	OTROS
<input type="checkbox"/> Zanahorias <input type="checkbox"/> Lechuga	<input type="checkbox"/>
<input type="checkbox"/> Frijoles <input type="checkbox"/> Cebolla	<input type="checkbox"/>
<input type="checkbox"/> Brócoli <input type="checkbox"/> Pimientos	<input type="checkbox"/>
<input type="checkbox"/> Apio <input type="checkbox"/> Papas	<input type="checkbox"/>
<input type="checkbox"/> Pepino <input type="checkbox"/> Tomates	<input type="checkbox"/>
<input type="checkbox"/> Maíz	<input type="checkbox"/>

BODAWORKS
UNA HERRAMIENTA PARA EL DESARROLLO SALUDABLE DE LOS ADOLESCENTES Y SU FAMILIA